

United States artment of culture

Food and Consumer Service

Region

Mountain Plains

Reply to

Attn. of: SP 98-06

1244 Speer Blvd. Subject:

Denver, CO 80204-3581

To:

Salad/Theme Bars

STATE AGENCY DIRECTORS

- Colorado ED, Iowa, (Child Nutrition Programs) Kansas, Missouri ED,

Montana OPI, Nebraska ED, North Dakota, South Dakota,

DEC - 8 1997

Utah and Wyoming ED

Please find attached information on salad/theme bars. information is provided to assist state agency personnel and school food authorities when completing nutrient analyses. This information is by no means the only way to approach nutrient analysis when food bars are offered to students; but it does answer questions that may arise in the course of School Meals Initiative reviews.

If you have any questions, please contact Jo Ellen Collin at (303) 844-0355.

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Regional Director

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Attachment

Colorado Health, Montana Health, Missouri Health,

Wyoming Health

Salad/Theme

Bars

Mountain Plains Region December 1997

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SALAD/THEME BARS

Salad/theme bars are a reality in schools. There are many different types of food bars and the set-up depends on the school and its resources; however, no matter what the set-up or type of food bar, it is imperative that students and staff (particularly the cashier) know what the various options are for meal selection. Students and cashiers will need to know exactly what can be purchased for the unit price and what can be refused. In addition, students and cashiers will also need to know what items have been designated "entrees" under Nutrient Standard Menu Planning (NSMP) and the requirement that one entree must be selected in order for the meal to be reimbursable. And of course, students and cashiers will need to understand the Offer vs. Serve (OVS) concept under NSMP and either of the food-based menu planning options (Enhanced or Traditional).

Offer vs. Serve

This section is included to provide basic information on OVS before getting into more detail with food bars.

Offer vs. Serve is required for all high schools. It is optional for all other grades.

Nutrient Standard Menu Planning

- Three items at a minimum must be offered. The entree must always be selected.
 - 1. Entree
 - 2. Menu Item
 - 3. Milk
- When three items are offered, only one (menu item or milk) may be refused under OVS.
- When more than three items are offered, a maximum of two may be refused, excluding the entree since it must always be selected.

Food-Based Menu Planning (Enhanced or Traditional)

- Five items must be offered.
 - 1. Meat/Meat Alternate
 - 2. Fruit/Vegetable
 - 3. Fruit/Vegetable
 - 4. Breads/Grains (Enhanced) or Bread/Bread Alternate (Traditional)
 - 5 Milk
- A maximum of two items may be refused.

Food Bars as Recipes

Salad bars and theme bars are to be treated as recipes for purposes of nutrient analyses. The amount of each ingredient offered on the food bar is to be documented along with the number of servings selected from the food bar. The total number of servings would be the number of students expected to choose the salad bar for one or more of their lunch selections. Even though

actual serving sizes may vary due to the self-service nature of salad bars, the computer software will average the nutrients consumed by each student.

Recipes for food bars are completed in the same manner by schools using either NSMP or one of the food-based menu planning options. When preparing recipes for food bars, remember the following:

- The number of servings the recipe produces or yields should be representative of the total planned servings to be offered to customers for student meals, adult meals and a la carte sales.
- Determine the amount of each of the food ingredients for the recipe using the following steps.
 - 1. Identify the amount of each ingredient placed on the food bar on a typical school day (the amounts placed on the food bar at the beginning of the meal service plus any additions to the bar during the meal service).
 - 2. Determine the amount of each ingredient left over on the food bar at the end of the meal service.
 - 3. Subtract the amount left over from the amount placed on the food bar for each ingredient to determine the amount of each ingredient to enter for the recipe.

Once the recipe has been prepared and entered into the database, it can be used in analyzing a menu. The number of servings entered into the menu for nutrient analysis would be the estimated number of students and others who are expected to make selections from the food bar. Estimations are made based on history. Prior production records are utilized to determine the trends of student selections.

A separate recipe should be prepared for each variation of the food bar. For example, if you rotate two salad bars, one that features iceberg lettuce and another that features spinach, two separate recipes would need to be prepared. If other ingredients vary, each separate combination would need a separate recipe.

There may be more than one way to achieve an accurate analysis when analyzing salad/theme bars offered to students. The bottom line is that the nutrient analysis must be accurate. If the method used to analyze the menu yields an accurate analysis, it is acceptable.

NSMP and Food Bars

Food bars may be offered as an entree, other menu item, or the complete meal. If the food bar is offered as an entree to students, there is no hard and fast rule regarding what must be taken from the food bar in order for the meal to be reimbursable. It is up to the menu planner to determine what must be taken. However, state agencies or school food authorities may elect to further define these entree selections from food bars at their discretion.

Since food bars typically contain a variety of foods, students should be encouraged to take a variety of foods from the food bar. In addition, students should be encouraged to at least take the item featured on the food bar (i.e., baked potato, taco, sandwich, etc.). In cases where the food bar is offered as an entire meal, the cashier and students would need to know which items are entrees and the requirement that an entree must be taken. For example, the food bar could be set up as described below:

Entree (choose 1) -

Sandwich Bar

Chef Salad with Breadstick

Menu Item (choose up to 2) -

Fresh Apple Sliced Peaches Potato Salad

Menu Item (choose up to 1) -

Oatmeal Raisin Cookie

Brownie

Milk

Summary of Example: Since there are a total of 5 menu items offered, each student must select at least 3 items in order for the meal to be reimbursable. Each student must either take a sandwich or the chef's salad with breadstick. Each student would also select at least two other items – choosing from the other menu item selections and milk. There are a variety of ways this menu can be communicated to students. The important point is that students need to know and understand their choices.

If the food bar is offered as another menu item under NSMP, the same general principle would apply in that students should be encouraged to take a variety of items.

The number of menu items offered must be determined by the menu planner in order to determine the number of menu items that must be taken by a student for the meal to be reimbursable under OVS. For example, if a school offers the food bar as the entire meal, the question must be answered as to how many items are being offered to the student. In the example below, six items are offered to students. Each student must take an entree selection of either a Tossed Salad or Cottage Cheese or Yogurt. A total of four selections must be taken from the items offered. The example is by no means the way a food bar must be set up when it offers the entire meal. The menu planner determines the menu and choices. It is up to the reviewer to determine if reimbursable meals are offered and selected by students.

Example:

Salad Bar -

Entrees – (Choose 1)

Tossed Salad Cottage Cheese

Yogurt

Menu Items –

Potato Salad

(Choose up to 3)

Macaroni Salad

Three-Bean Salad

Pudding Sliced Peaches Fresh Apple Roll

Menu Item – (Choose 1)

Cherry Cobbler

(Choose 1)

Chocolate Chip Cookie

Milk

If for example, the food bar is the only entree offered and includes milk and one other menu item, the number of items offered is three. Since the food bar is the only entree, it must be selected by each student, and only one item (milk or menu item) may be refused. If more than a total of three menu items are offered, the maximum number of items that may be declined by a student is two.

Food-Based Menu Planning and Food Bars

Recipes are critical for food bars in order for state agencies to conduct nutrient analysis. Under either of the food-based menu planning options (Enhanced or Traditional), the proper number of food items must be on each student's plate in order for the meal to be reimbursable.

Offer vs. Serve with the food-based menu planning options is the same as it has been handled in the past. See the OVS Guidance for more information.

Monitoring

The monitoring of food bars depends on which type of menu planning option has been chosen by the school. It will also depend on the meal that has been planned.

NSMP/Assisted NSMP:

A nutrient analysis must be conducted by the school/contractor if it is using NSMP/Assisted NSMP. The nutrient analysis should reflect as accurately as possible the food being planned for each type of food bar. It is up to the reviewer to determine if the school has accurately input information for the nutrient analysis. The reviewer must also determine if the nutrient analysis does in fact depict the actual meal. The reviewer will need to determine if the food bar is offered as an entree, other menu item, or the entire meal. If it is offered as an entire meal, then the entree must be identified as explained on the previous page since each child must select an entree.

Food-based menu planning options:

Under either of the food-based menu planning options, Enhanced or Traditional, the reviewer will need to conduct a nutrient analysis if the school does not have one already on USDA-approved software. The reviewer will need to collect information for the food bar recipe using the information on page 1.

The reviewer may need to work very closely with school personnel to obtain the information needed for the food bar. This is information that schools have not had to necessarily provide in the past and personnel may not understand its importance or purpose. For example, in the past, it may have been acceptable for food production records to only contain the minimum quantities of food served in order for meals to be reimbursable. With nutrient analysis, it becomes very important to know the exact quantities planned because that effects the calories, nutrients and other dietary components when the nutrient analysis is conducted.

Example Showing Nutrient Analysis of Food Bars

A set of menus over a 1-week period using the NSMP menu planning option has been used for this example. The menus below indicate how many food items are offered which is important when implementing OVS. Each menu contains five menu items of which two may be declined under NSMP when OVS is implemented. The attachments of the nutrient analysis are explained after the menus are outlined.

9/8/97

Choose One

Taco Bar

Hamburger on a Bun

Choose up to Two

French Fries Carrot Sticks

Lettuce & Tomato

Mixed Fruit

Choose up to One

Cherry Cobbler

Orange Rice Pudding

Choose up to One

1% Chocolate Milk

1% Lowfat Milk

2% Lowfat Milk

9/9/97

Choose One

Salad Bar

Chicken Stir Fry

Choose up to Two

Fried Rice

Mixed Vegetables

Peaches

Roll

Choose up to One

Royal Brownies

Oatmeal Raisin Cookies

Choose up to One

1% Chocolate Milk

1% Lowfat Milk

2% Lowfat Milk

9/10/97

Choose One

Baked Potato Bar Chicken Fajitas

Choose up to Two

Mexicali Corn
Refried Beans
Lettuce & Tomato
Roll

Choose up to One

Apple Cobbler Frozen Yogurt

Choose up to One

1% Chocolate Milk 1% Lowfat Milk 2% Lowfat Milk

9/12/97

Choose One

Sandwich Bar Bean Burrito

Choose up to Two

Corn
Lettuce & Tomato
Applesauce
Fresh Pear

Choose up to One

Chocoleana Cake Rice Pudding

Choose up to One

1% Chocolate Milk 1% Lowfat Milk 2% Lowfat Milk

9/11/97

Choose One

Pasta Bar Nachos

Choose up to Two

Rolls

Pinto Beans

Lettuce & Tomato

Fresh Apples

Choose up to One

Peach Cobbler

Whole Wheat Sugar Cookies

Choose up to One

1% Chocolate Milk

1% Lowfat Milk

2% Lowfat Milk

ATTACHMENTS

Attachment A is a copy of the standardized recipes for each food bar and the calories and nutrients associated with each recipe.

Attachment B shows each menu item offered each day with the calories and nutrients listed for each menu item. It also shows the planned number of servings of each item for a weighted nutrient analysis. The menu summary is the last page of Attachment B and shows the nutrient analysis figures.

Attachment C shows a school week's worth of menus under the NSMP menu planning option with a different food bar featured each day. The food bar is offered as one of two entrees each day. Other menu items are offered and may be chosen by students who choose either of the entrees.

Questions & Answers Food Bars

1. If a food bar is offered as an entree under NSMP, are there certain food items that must be taken?

The food bar as a whole is the entree. Students may make their selections freely. However, we suggest that students be encouraged to choose the featured item on the food bar on any particular day. For example, if a baked potato bar is featured, the student should at least take a baked potato; if a taco bar is featured, the student should at least take a taco; etc. The remaining selections should be left to each student's discretion. The food bar offers variety and enables students to make food choices. Good judgment should be exercised at the point of service to determine if at a minimum the featured entree has been selected.

2. How does one determine the entree when it is on a salad bar?

It is up to the menu planner to determine what is the entree. The menu planner decides if the food bar as a whole is the entree or if one item on the food bar is the entree. There may be more than one item on the food bar identified as an entree. However, it is imperative that both students and cashiers know which items are entrees and the requirement that an entree must be taken in order for the meal to be reimbursable.

3. Is it acceptable to offer the food bar as an other menu item under NSMP, rather than as the entree?

Yes. The menu planner makes the determination as to how food items are defined on the menu (i.e., entree or another menu item). It is permissible to offer the food bar as an other menu item or as an entree.

-> Protein..... 19.04%

USDA/FCS/MPRO

PAGE # 1 10-08-1997 ______)02 - Taco Bar NUMBER OF PORTIONS: 100 SIZE OF PORTIONS: serving 12 1/2 lbs taco meat... 5 LB 3 LB LETTUCE, ICEBERG, FRESH..... TOMATOES, FRESH, RED RIPE
CHEESE, CHEDDAR, AMERICAN
BEANS, REFRIED, CANNED 3 3/4 LB 1 GALLON 1/4 GALLON 2 QT, pureed 2 LB SALSA, COMMODITY..... 200 medium 5" dia TACO SHELLS, BAKED..... INSTRUCTIONS: ______ NUTRIENTS: Per serving

 Cholesterol.
 58 Mg
 Calcium....
 217 Mg
 Carbohydrate
 29.77 G
 PERCENT OF -> Carbohydrates
 29.68%

 Sodium.....
 422 Mg
 Vitamin A...
 184 RE
 Total Fat...
 23.83 G
 CALORIES FROM -> Total Fat...
 53.47%

 Fiber.....
 6.61 G
 Vitamin C...
 12.3 Mg
 Saturated Fat
 8.90 G
 -> Saturated Fat
 19.96%

| Iron...... 3.87 Mg | Protein.... 19.10 G |

Calories.... 401

Denotes Missing Nutrient Values.

```
)04 - Salad Bar :

NUMBER OF PORTIONS: 110

SIZE OF PORTIONS: serving
```

```
LETTUCE, ICEBERG, FRESH.....
                                                 5 LB
                                                       + 8 OZ
                                                11 LB
5 LB
TOMATOES, FRESH, RED RIPE.....
                                                         8 OZ
CUCUMBER, NOT PARED, RAW.....
CARROTS, FRESH, RAW.....
                                                 6 LB
                                                          9 5/8 OZ
                                                 3 LB
                                                       + 4 7/8 OZ
CABBAGE, RED, FRESH, RAW.....
BEANS, KIDNEY, RED, CANNED, DRAINED......MELONS, CANTALOUPE, RAW.....
                                             1 1/8 #10 CAN
                                                11 LB
                                                 4 LB + 6 1/2 OZ
2 LB + 3 1/4 OZ
3 LB + 4 7/8 OZ
CELERY, FRESH, RAW.....
BROCCOLI, FRESH, RAW.....
MUSHROOMS, FRESH.....
SPINACH, FRESH.....
                                                 2 LB + 3 1/4 OZ
PEACHES, CANNED, LIGHT SYRUP.
CHEESE, COTTAGE, 1% FAT.
TUNA, LIGHT, WATER PAK, DRAINED.
                                             1 1/8 #10 CAN
2 LB + 3 1/4 OZ
                                              1 1/8 CAN (66.5)
                                            7 LB +
27 1/2 packet
2 1/4 CUP +
                                                      + 11 1/4 OZ
CHEESE, CHEDDAR, AMERICAN.....
SALAD DRSNG, FRENCH, COMM, REG.....
                                             2 1/4 CUP + 1 5/8 TSP
1 1/8 CUP + 7/8 TSP
1 1/8 CUP + 7/8 TSP
SALAD DRSNG, ITALIAN, COMM, DIET.....
SALAD DRSNG, THOUSAND ISLAND, COMM, REG.....
SALAD DRSNG, BLUE CHEESE, COMM, REG.....
```

INSTRUCTIONS:

```
NUTRIENTS: Per serving

Calories... 282 | Iron..... 2.09 Mg | Protein.... 16.68 G | -> Protein.... 23.63%

Cholesterol. 39 Mg | Calcium.... 294 Mg | Carbohydrate 22.22 G | PERCENT OF -> Carbohydrates 31.49%

Sodium.... 525 Mg | Vitamin A... 1148 RE | Total Fat... 15.30 G | CALORIES FROM -> Total Fat... 48.77%

Fiber..... 5.14 G | Vitamin C... 53.9 Mg | Saturated Fat 7.65 G | -> Saturated Fat 24.39%
```

^{* -} Denotes Missing Nutrient Values.

```
)05 - Baked Potato Bar
    NUMBER OF PORTIONS: 75
    SIZE OF PORTIONS: serving
POTATO BAKED, FLESH & SKIN.....
                               60 ea. 2.33"x4.75"
SWEETPOTATOES, BAKED W/SKIN.....
                               15 medium
SOUR CREAM.
CHIVES, FREEZE-DRIED.
                             1 1/2 CUP
                              3/4 CUP
Chili.....
                              3/4 gallons
1 LB
                                   + 8 OZ
                                1 LB
                                     8 OZ
SALSA, COMMODITY.....
                               1 LB
                                     8 OZ
BUTTER, W/SALT.....
                               12 OZ
BROCCOLI, FRESH, RAW.....
                                3 LB
                              2 LB + 4 OZ
1/2 CUP + 2 1/2 TSP
1/2 CUP, unpacked + 2 1/2 TSP, unpacked
CHEESE, CHEDDAR, AMERICAN.....
cinnamon/sugar.....
SUGAR, BROWN.....
INSTRUCTIONS:
```

```
Calories... 363 | Iron..... 3.43 Mg | Protein.... 12.15 G | -> Protein.... 13.39% Cholesterol. 38 Mg | Calcium.... 171 Mg | Carbohydrate 52.60 G | PERCENT OF -> Carbohydrates 57.93% Sodium.... 262 Mg | Vitamin A... 655 RE | Total Fat... 12.42 G | CALORIES FROM -> Total Fat... 30.79% Fiber.... 5.86 G | Vitamin C... 49.8 Mg | Saturated Fat 7.23 G | -> Saturated Fat 17.93%
```

^{* -} Denotes Missing Nutrient Values.

```
)06 - Pasta Bar :
NUMBER OF PORTIONS: 125
      SIZE OF PORTIONS: serving
SPAGHETTI, ENRICHED, COOKED, WO/SALT.....
                                            4 LB, dry wgt
                                                           6 OZ, dry wgt
2 LB, dry wgt +
2 LB, raw wgt +
1 LB, dry wgt +
                                                          8 OZ,dry wgt
                                                          8 OZ,raw wgt
MACARONI, COOKED, ENRICHED.....
                                                           4 OZ, dry wgt
                                         3 3/4 #10 CAN
1 LB + 4 OZ
SPAGHETTI SAUCE, CANNED.....
BUTTER, W/SALT.....CHEESE, MOZZARELLA, PART SKIM.....
                                            2 LB + 8 OZ
CHEESE, PARMESAN, GRATED.....
                                            1 LB
                                                   4 OZ
5 LB
                                         3 3/4 CUP, grated
                                            2 LB + 8 OZ
                                            1 LB
                                                 + 4 OZ
INSTRUCTIONS:
```

NUTRIENTS: Per serving

Calories... 351 | Iron..... 2.65 Mg | Protein.... 12.40 G | -> Protein.... 14.11%

Cholesterol. 40 Mg | Calcium... 175 Mg | Carbohydrate 48.36 G | PERCENT OF -> Carbohydrates 55.06%

Sodium.... 731 Mg | Vitamin A... 299 RE | Total Fat... 12.57 G | CALORIES FROM -> Total Fat... 32.19%

Fiber.... 5.99 G | Vitamin C... 17.4 Mg | Saturated Fat 5.01 G | -> Saturated Fat 12.84%

```
)07 - Sandwich Bar :
NUMBER OF PORTIONS: 75
SIZE OF PORTIONS: serving
```

TURKEY ROAST, FROZEN, LT&DK MEAT, ROASTED	9	LB		
BEEF, CURED, PASTRAMI	12	ΟZ		
HAM, DELI, 95% FAT-FREE	4	LB	+	8 OZ
CHEESE, CHEDDAR, RED FAT-COMMOD	1	LB	+	8 OZ
CHEESE, SWISS	1	LB	+	8 OZ
LETTUCE, ICEBERG, FRESH	3	LB		
TOMATOES, FRESH, RED RIPE	3	$_{ m LB}$	+	12 OZ
ONIONS, RED, RAW	1	$_{ m LB}$	+	8 OZ
PEPPERS, SWT, GREEN, RAW	1	LB	+	8 OZ
PEPPERS, SWT, RED, RAW	1	$_{ m LB}$	+	8 OZ
CUCUMBER, NOT PARED, RAW	1	$_{ m LB}$	+	8 OZ
CARROTS, FRESH, RAW	1	$_{ m LB}$	+	8 OZ
MAYONNAISE	3	CUP		
MUSTARD YELLOW PREPARED	6	CUP		
BREAD WHOLE-WHEAT	2	LB	+	4 OZ
BREAD WHITE	5	LB	+	4 OZ
BREAD, CRACKED-WHEAT	12	oz		
ROLLS, FRENCH	1	LB	+	8 OZ
BREAD, RYE	12	oz		

INSTRUCTIONS:

USDA/FCS/MPRO

^ PAGE # 1

Back to School - grades 9-12

10-08-1997

09/08/9/	cnru	09/12/	97

~.														
	Portion	Plan	ł	Mg	Mg	G	Mg	Mg	RE	Mg	G	G	G	G
Recipe Name	Size	Qty	Cals	Chol	Sodm	Fiber	rIron	Calc	Vit-A	Vit-C	Prot	Carb	T-Fat	S-Fat
					=====						======			
MONDAY - 09/08/97														
			_											
Taco Bar	serving	100	401	58	422	6.61	3.87	217.18	184	12.33	19.10	29.77	23.83	8.90
HAMBURGER ON A BUN	SERVING	100	:	55	285	1.16	2.59	66.22	0	0.00	18.04	21.63	13.72	5.04
French Fries, oven heat, cups	.5 CUP	100	134	0	178	2.14	0.83	5.36	0	6.76	2.12	20.90	5.06	0.84
CARROT STICKS	.5 CUP	50	37	0	30	2.63	0.44	23.72	2472	8.17	0.90	8.91	0.16	0.02
LETTUCE &TOMATO:1 leaf,2 slice			:	0	4	0.55	0.21	5.03	21	5.47	0.41	1.56	0.12	0.01
MIXED FRUIT: frozen, sweetened	.5 CUP .	100	122	0	3	2.37	0.35	8.75	40	93.75	1.78	30.29	0.22	0.03
MILK,1% Chocolate	HALF PINT	150	157	7	151	1.25	0.60	286.75	147	2.32	8.10	26.10	2.50	1.54
MILK,1% Lowfat	HALF PINT	30	102	9	123	0.00	0.12	300.12	144	2.36	8.03	11.66	2.59	i.61
MILK,2% Lowfat	HALF PINT	10	121	18	121	0.00	0.12	296.70	139	2.31	8.13	11.71	4.68	2.91
CHERRY COBBLER	SERVINGS	150	246	. 0	51	2.08	1.19	18.41	15	3.22	2.14	48.43	5.80	1.65
MAYONNAISE	svg	25	32	2	26	0.00	0.02	0.82	3	0.00	0.05	0.12	3.65	0.39
MUSTARD YELLOW PREPARED	svg	50	3	0	62	0.05	0.10	4.20	0	0.00	0.24	0.32	0.22	0.01
CATSUP	2 tbsp	75	31	0	355	0.39	0.20	5.70	30	4.52	0.44	8.20	0.12	0.01
ORANGE RICE PUDDING	.5 CUP	50	199	4	33	0.68	1.34	84.95	33	2.19	4.07	42.42	1.34	0.75
							-		- 					
DAILY AVERAGE		200	875	65	791	9.77	5.79	469.20	906	66.72	31.39	125.93	29.23	10.45
% OF CALORIES											14.32%	57.52%	30.06%	10.75%
RDA's			846				4.50	400.00	300	19.18	16.70		30.00%	10.00%
% of RDA Satisfied			104%				129%	117%	302%	348%	188%			
Shortfall from RDA's													*OVER*	*OVER*
		-====			=====		=====			=======		-======	=======	=======
TUESDAY - 09/09/97														
Salad Bar	serving	110	282	39	525	5.14	2.09	294.93	1148	53.92	16.68	22.22	15.30	7.65
CHICKEN STIR FRY	7 OUNCES	90	230	55	463	3.36	1.62	52.92	1517	53.21	23.25	13.19	9.57	1.91
Fried Rice/lower sodium	.5 CUP	90	229	159	734	1.86	2.44	54.92	84	3.33	9.03	34.50	5.75	1.55
D VEGETABLES: frozen, boiled	.5 CUP	125	53	0	31	4.00	0.74	22.75	389	2.91	2.60	11.91	0.14	0.02
LHES, CANNED, HEAVY SYRUP	.5 CUP	75	48	0	3	0.85	0.17	1.96	21	1.83	0.30	13.06	0.06	0.00
ROLLS, WHEAT: scratch (Yeast)	EACH 2 oz.	110	171	0	291	2.64	1.56	32.39	0	0.12	4.97	29.05	4.33	0.64
MILK,1% Chocolate	HALF PINT	150	157	7	151	1.25	0.60	286.75	147	2.32	8.10	26.10	2.50	1.54
MILK,1% Lowfat	HALF PINT	30	102	9	123	0.00	0.12	300.12	144	2.36	8.03	11.66	2.59	1.61
MILK,2% Lowfat	HALF PINT	10	121	18	121	0.00	0.12	296.70	139	2.31	8.13	11.71	4.68	2.91
ROYAL BROWNIES	1 PIECE	25	137	0	111	1.49	0.94	22.91	0	0.19	2.28	25.48	3.84	0.84
OATMEAL RAISIN COOKIES (NEW)	1 COOKIE	175	188	19	122	1.79	1.13	18.85	55	0.37	3.56	33.35	5.06	0.93
DAILY AVERAGE		200	829	143	1269	12.14	5.96	537.79	1791	60.25	39.25	116.29	25.21	8.61
% OF CALORIES											18.92%		27.36%	9.34%
RDA's			846				4.50	400.00	300	19.18	16.70		30.00%	10.00%
% of RDA Satisfied			98%				132%	134%	597¥	314%	235%			
Shortfall from RDA's			17											
		=====												
WEDNESDAY - 09/10/97														
	serving	75	363	38	262	5.86	3.43	171.56	655	49.88	12.15	52.60	12.42	7.23
	EACH 1 oz.	75	85	0	145	1.32	0.78	16.19	0	0.06	2.49	14.52	2.17	0.32
	1 FAJITA	125	357	54	276	2.33	2.37	64.44	40	8.13	23.89	34.58	13.79	2.55
	.5 CUP	150	79	2	13	2.12	0.47	6.13	36	12.76	2.48	16.88	1.57	0.67
	.5 CUP	125	118	10	377	6.69	2.09	44.24	0	7.58	6.94	19.63	1.60	0.59
Lettuce & Tomato	svg	50	11	0	5	0.68	0.26	4.86	31	8.95	0.51	2.33	0.18	0.02
MILK,1% Chocolate	HALF PINT	150	157	7	151	1.25	0.60	286.75	147	2.32	8.10	26.10	2.50	1.54
MILK,1% Lowfat	HALF PINT	30	102	9	123	0.00	0.12	300.12	144	2.36	8.03	11.66	2.59	1.61
MILK,2% Lowfat	HALF PINT	10	121	18		0.00	0.12	296.70	139	2.31	8.13	11.71	4.68	2.91
	SERVINGS	150		0		2.10	0.78	7.65	5	0.44	1.25	40.45	6.29	1.75
	.5 CUP	150	57	0		0.00		51.48	20	0.28	1.44	8.71	2.02	1.75
	. ,	•										0.71	2.02	1.23

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Back to School - grades 9-12

09/08/97 thru 09/12/97

WEDNESDAY - 09/10/97 (continued) DAILY AVERAGE FOR CALORIES ROA'S OF CALORIES PHURSDAY - 09/11/97 Pasta Bar ROLLS, WHEAT: scratch (Yeast) Nachos with Ground Beef/Lean PINTO BEANS: cooked Lettuce & Tomato MILK, 1% Chocolate MILK, 1% Lowfat MILK, 2% Lowfat MHALF I WHOLE WHEAT SUGAR COOKIES DAILY AVERAGE % OF CALORIES ROA'S % of RDA Satisfied Shortfall from RDA'S APPLESAUCE, WCINNAMON Lettuce & Tomato APPLESAUCE, WCINNAMON PEARS, FRESH MILK, 1% Chocolate MILK, 1% Lowfat MILK, 1% Chocolate MILK, 1% Lowfat MILK,	eg oz. oz. os oz. os oz.	200	873 846 103 ¹ 171 303 116 11 81 157 102 121 200 173 827 846 98	40 0 57 0 0 7 9 18 0 14	773 731 291 581 1 5 0 151 123 121 53 207	12.61 5.99 2.64 1.77 7.29 0.68 3.72 1.25 0.00 0.00 1.87 2.09	2.65 1.56 1.51 2.21 0.26 0.24 0.60 0.12 0.78 5.40	463.42 400.00 116* 175.75 32.39 252.81 40.70 4.86 9.66 286.75 300.12 296.70 5.48 29.74 536.74	464 300 155%	43.12 19.18 225%	36.46 16.68% 	48.36 29.05 15.28 21.75 2.33 21.04 26.10 11.66 11.71 37.48 28.22	25.04 25.83% 30.00%	9.09 9.36% 10.00% 5.01 0.64 9.39 0.09 0.02 0.08 1.54 1.61 2.91 1.66 1.08
AILY AVERAGE OF CALORIES DA'S Of RDA Satisfied HURSDAY - 09/11/97 Asta Bar OLLS, WHEAT: scratch (Yeast) INTO BEANS: cooked Settuce & Tomato SPPLES, Fresh ILK, 1% Chocolate HALF INTO, WHEAT SUGAR COOKIES AND AVERAGE OF CALORIES COF CALORIES COF CALORIES COF RDA Satisfied CHORN: frozen, yellow Lettuce & Tomato SPPLESAUCE, W/CINNAMON SCRAFESH MILK, 1% Chocolate INTO, 18 EAN MILK, 1% Chocolate INTO, 18 EAN MILK, 1% Chocolate INTO, 18 EAN MILK, 1% Chocolate MILK, 1% Lowfat MILK, 1% LOWF	eg oz.	125 125 75 75 50 150 150 30 10 75 75	846 1033 171 303 116 111 81 157 102 121 200 173 827 	40 0 57 0 0 7 9 18 0 14	731 291 581 1 5 0 151 123 121 53 207	5.99 2.64 1.77 7.29 0.68 3.72 1.25 0.00 0.00 1.87 2.09	2.65 1.56 1.51 2.21 0.26 0.12 0.12 0.93 0.78 	175.75 32.39 252.81 40.70 4.86 9.66 286.75 300.12 296.70 5.48 29.74	299 0 141 0 31 6 147 144 139 42 75	19.18 225% 17.43 0.12 1.23 1.78 8.95 7.86 2.32 2.36 2.31 2.92 0.06 	16.68%	48.36 29.05 15.28 21.75 2.33 21.04 26.10 11.66 11.71 37.48 28.22	25.83%	9.36% 10.00% 5.01 0.64 9.39 0.09 0.02 0.08 1.54 1.61 2.91 1.66 1.08
DA'S of RDA Satisfied HURSDAY - 09/11/97 asta Bar OLLS, WHEAT: scratch (Yeast) achos with Ground Beef/Lean INTO BEANS: cooked SERVIN INTO BEAN SERVIN SERVIN INTO BEAN SERVIN SER	eg oz.	125 125 75 75 50 150 150 30 10 75 75	103\$ 351 171 303 116 11 81 157 102 121 200 173 827 846 98	40 0 57 0 0 0 7 9 18 0 14	731 291 581 1 5 0 151 123 121 53 207	5.99 2.64 1.77 7.29 0.68 3.72 1.25 0.00 0.00 1.87 2.09	2.65 1.56 1.51 2.21 0.26 0.24 0.60 0.12 0.12 0.78 5.40	116% 175.75 32.39 252.81 40.70 4.86 9.66 286.75 300.12 296.70 5.48 29.74	299 0 141 0 31 6 147 144 139 42 75 436	17.43 0.12 1.23 1.78 8.95 7.86 2.32 2.36 2.31 2.92 0.06	218% 12.40 4.97 15.82 6.96 0.51 0.26 8.10 8.03 8.13 1.61 2.81 29.07 14.04%	48.36 29.05 15.28 21.75 2.33 21.04 26.10 11.66 11.71 37.48 28.22	12.57 4.33 20.12 0.44 0.18 0.50 2.50 2.59 4.68 5.82 6.18 25.69 27.90%	5.01 0.64 9.39 0.09 0.02 0.08 1.61 1.66 1.08
of RDA Satisfied HURSDAY - 09/11/97 asta Bar servir OLLS, WHEAT: scratch(Yeast) EACH 2 achos with Ground Beef/Lean SERVIN INTO BEANS: cooked .5 CUR ettuce & Tomato svg PPLES, Fresh 1 EACH ILK, 1% Lowfat HALF IR ILK, 1% Lowfat HALF IR ILK, 2% Lowfat SERVIN INTO BEAN 1 EACH ILK, 2% Lowfat 1 EACH ILK, 1% Chocolate HALF IR ILK, 1% Chocolate HALF IR ILK, 1% Chocolate HALF IR ILK, 1% Lowfat H	eg oz.	125 125 75 75 50 150 150 30 10 75 75	103\$ 351 171 303 116 11 81 157 102 121 200 173 827 846 98	40 0 57 0 0 0 7 9 18 0 14	731 291 581 1 5 0 151 123 121 53 207	5.99 2.64 1.77 7.29 0.68 3.72 1.25 0.00 0.00 1.87 2.09	2.65 1.56 1.51 2.21 0.26 0.24 0.60 0.12 0.12 0.78 5.40	116% 175.75 32.39 252.81 40.70 4.86 9.66 286.75 300.12 296.70 5.48 29.74	299 0 141 0 31 6 147 144 139 42 75 436	17.43 0.12 1.23 1.78 8.95 7.86 2.32 2.36 2.31 2.92 0.06	218% 12.40 4.97 15.82 6.96 0.51 0.26 8.10 8.03 8.13 1.61 2.81 29.07 14.04%	48.36 29.05 15.28 21.75 2.33 21.04 26.10 11.66 11.71 37.48 28.22	12.57 4.33 20.12 0.44 0.18 0.50 2.50 2.59 4.68 5.82 6.18	5.01 0.64 9.39 0.09 0.02 0.08 1.54 1.66 1.08
AURSDAY - 09/11/97 asta Bar Servir OLLS, WHEAT: scratch (Yeast) EACH 2 achos with Ground Beef/Lean SERVIN INTO BEANS: cooked .5 CUR ettuce & Tomato svg PPLES, Fresh 1 EACH ILK, 1% Chocolate HALF I ILK, 1% Lowfat HALF I ILK, 2% Lowfat HALF I ILK, 2% Lowfat SERVIN HOLE WHEAT SUGAR COOKIES 1 COOKIES ANALY AVERAGE .5 CALORIES ANALY AVERAGE	eg oz.	125 125 75 75 50 150 150 30 10 75 75	351 171 303 116 11 81 157 102 121 273 827 827	40 0 57 0 0 0 7 9 18 0 14	731 291 581 1 5 0 151 123 121 53 207	5.99 2.64 1.77 7.29 0.68 3.72 1.25 0.00 0.00 1.87 2.09	2.65 1.56 1.51 2.21 0.26 0.24 0.60 0.12 0.78 5.40	175.75 32.39 252.81 40.70 4.86 9.66 286.75 300.12 296.70 5.48 29.74 536.74	299 0 141 0 31 6 147 144 139 42 75 436	17.43 0.12 1.23 1.78 8.95 7.86 2.32 2.36 2.31 2.92 0.06	12.40 4.97 15.82 6.96 0.51 0.26 8.10 8.03 8.13 1.61 2.81 29.07 14.04%	48.36 29.05 15.28 21.75 2.33 21.04 26.10 11.66 11.71 37.48 28.22	12.57 4.33 20.12 0.44 0.18 0.50 2.50 2.59 4.68 5.82 6.18	5.01 0.64 9.39 0.09 0.02 0.08 1.54 1.61 2.91 1.66 1.08
asta Bar servir OLLS, WHEAT: scratch (Yeast) EACH 2 achos with Ground Beef/Lean SERVIN INTO BEANS: cooked .5 CUR ettuce & Tomato svg PPLES, Fresh 1 EACH ILK, 1% Chocolate HALF II ILK, 1% Lowfat HALF II ILK, 2% Lowfat HALF II ILK, 2% Lowfat SERVIN HOLE WHEAT SUGAR COOKIES 1 COOK ALLY AVERAGE OF CALORIES DA's of RDA Satisfied Chortfall from RDA's Corn: frozen, yellow .5 CUR APPLESAUCE, W/CINNAMON .5 CUR PEARS, FRESH 1 EACH MILK, 1% Chocolate HALF MILK, 1% Chocolate HALF MILK, 1% Chocolate HALF MILK, 1% Lowfat HALF MILK, 1% Lowfat HALF MILK, 1% Lowfat HALF MILK, 2% Lowfat HALF MILK, 1% Lowfat HALF MILK, 1% Lowfat HALF MILK, 2% Lowfat 1 PIE	PORT PORT PORT PORT PORT PORT PORT PORT	125 75 75 50 150 150 30 75 75 75	171 303 116 11 81 157 102 121 200 173 827 827	0 57 0 0 0 7 9 18 0 14 	291 581 1 5 0 151 123 121 53 207 1095	2.64 1.77 7.29 0.68 3.72 1.25 0.00 0.00 1.87 2.09	1.56 1.51 2.21 0.26 0.24 0.60 0.12 0.12 0.93 0.78 5.40	32.39 252.81 40.70 4.86 9.66 286.75 300.12 296.70 5.48 29.74 	0 141 0 31 6 147 144 139 42 75 436	0.12 1.23 1.78 8.95 7.86 2.32 2.36 2.31 2.92 0.06	4,97 15.82 6.96 0.51 0.26 8.10 8.03 8.13 1.61 2.81 29.07 14.04%	29.05 15.28 21.75 2.33 21.04 26.10 11.66 11.71 37.48 28.22	4.33 20.12 0.44 0.18 0.50 2.50 2.59 4.68 5.82 6.18 	0.64 9.39 0.09 0.02 0.08 1.54 1.61 2.91 1.66 1.08
asta Bar servir OLLS, WHEAT: scratch (Yeast) EACH 2 achos with Ground Beef/Lean SERVIN INTO BEANS: cooked .5 CUB ettuce & Tomato svg PPLES, Fresh 1 EACH ILK, 1% Chocolate HALF II ILK, 1% Lowfat HALF II ILK, 2% Lowfat HALF II ILK, 2% Lowfat SERVIN HOLE WHEAT SUGAR COOKIES 1 COOK INTO ACAILY AVERAGE 1 COOKIES INTO ACAILY AVERAGE 1 EACH 1 EAC	PORT PORT PORT PORT PORT PORT PORT PORT	125 75 75 50 150 150 30 75 75 75	171 303 116 11 81 157 102 121 200 173 827 827	0 57 0 0 0 7 9 18 0 14 	291 581 1 5 0 151 123 121 53 207 1095	2.64 1.77 7.29 0.68 3.72 1.25 0.00 0.00 1.87 2.09	1.56 1.51 2.21 0.26 0.24 0.60 0.12 0.12 0.93 0.78 5.40	32.39 252.81 40.70 4.86 9.66 286.75 300.12 296.70 5.48 29.74 	0 141 0 31 6 147 144 139 42 75 436	0.12 1.23 1.78 8.95 7.86 2.32 2.36 2.31 2.92 0.06	4,97 15.82 6.96 0.51 0.26 8.10 8.03 8.13 1.61 2.81 29.07 14.04%	29.05 15.28 21.75 2.33 21.04 26.10 11.66 11.71 37.48 28.22	4.33 20.12 0.44 0.18 0.50 2.50 2.59 4.68 5.82 6.18 	0.64 9.39 0.09 0.02 0.08 1.54 1.61 2.91 1.66 1.08
achos with Ground Beef/Lean SERVIN INTO BEANS: cooked .5 CUI ettuce & Tomato svg PPLES,Fresh 1 EACH LK,1% Chocolate HALF ILK,1% Lowfat HALF ILK,2% Lowfat LCOOK COOK COOK	MGS H H PINT PINT NGS KIE	75 75 50 150 150 30 175 75 75 200	303 116 11 81 157 102 121 200 173 827 827 846 98	57 0 0 7 9 18 0 14 	581 1 5 0 151 123 121 53 207 	1.77 7.29 0.68 3.72 1.25 0.00 0.00 1.87 2.09	1.51 2.21 0.26 0.24 0.60 0.12 0.12 0.78 5.40 4.50 120%	252.81 40.70 4.86 9.66 286.75 300.12 296.70 5.48 29.74 536.74	141 0 31 6 147 144 139 42 75 436	1.23 1.78 8.95 7.86 2.32 2.36 2.31 2.92 0.06	15.82 6.96 0.51 0.26 8.10 8.03 8.13 1.61 2.81 29.07 14.04%	15.28 21.75 2.33 21.04 26.10 11.66 11.71 37.48 28.22	20.12 0.44 0.18 0.50 2.50 2.59 4.68 5.82 6.18 	9.39 0.09 0.00 1.54 1.66 2.99 1.66 1.00 9.73 10.56
INTO BEANS: cooked .5 CUE ettuce & Tomato svg PPLES,Fresh 1 EACH ILK,1% Chocolate HALF I ILK,1% Lowfat HALF I ILK,2% Lowfat COOK ALLY AVERAGE COOKIES 1 COOK INTERPORT COOKIES INTERPORT COOKIES	PINT PINT PINT NGS KIE	75 50 150 150 150 10 75 75 200	116 11 81 157 102 121 200 173 827 827	0 0 0 7 9 18 0 14 	1 5 0 151 123 121 53 207 1095	7.29 0.68 3.72 1.25 0.00 0.00 1.87 2.09	2.21 0.26 0.24 0.60 0.12 0.12 0.93 0.78 5.40 4.50 120%	40.70 4.86 9.66 286.75 300.12 296.70 5.48 29.74 	0 31 6 147 144 139 42 75 436	1.78 8.95 7.86 2.32 2.36 2.31 2.92 0.06	6.96 0.51 0.26 8.10 8.03 8.13 1.61 2.81 29.07 14.04%	21.75 2.33 21.04 26.10 11.66 11.71 37.48 28.22	0.44 0.18 0.50 2.50 2.59 4.68 5.82 6.18 	0.09 0.00 1.54 1.65 2.93 1.60 1.00
ettuce & Tomato svg PPLES, Fresh 1 EACH ILK, 1% Chocolate HALF ILK, 1% Lowfat HALF ILK, 2% Lowfat ICOOl AILY AVERAGE OF CALORIES 1 COOl AILY AVERAGE 1 COOl AND AVERAGE 1 EACH CHOCOLEAN 1 EACH AILY AVERAGE 1 EACH AILX, 1% Chocolate HALF AILK, 1% Lowfat HALF AILK, 2% Lowfat 1 PIE	H PINT PINT NGS KIE	50 150 150 30 10 75 75 200	11 81 157 102 121 200 173 827 827	0 0 7 9 18 0 14 	5 0 151 123 121 53 207 	0.68 3.72 1.25 0.00 0.00 1.87 2.09	0.26 0.24 0.60 0.12 0.93 0.78 5.40 4.50 120%	4.86 9.66 286.75 300.12 296.70 5.48 29.74 	31 6 147 144 139 42 75 	8.95 7.86 2.32 2.36 2.31 2.92 0.06 	0.51 0.26 8.10 8.03 8.13 1.61 2.81 29.07 14.04%	2.33 21.04 26.10 11.66 11.71 37.48 28.22	0.18 0.50 2.50 2.59 4.68 5.82 6.18 	0.0: 0.0 1.5 1.6 2.9 1.0 9.7 10.5
PPLES, Fresh 1 EACH ILK, 1% Chocolate HALF II ILK, 1% Lowfat HALF II ILK, 1% Lowfat HALF II ILK, 2% Lowfat HALF II ILK, 1% Chocolate HALF II ILK, 1% Lowfat HALF II ILK, 1% Lowfat HALF II ILK, 2% Lowfat H	PINT PINT PINT NGS KIE	150 150 30 10 75 75 200	81 157 102 121 200 173 827 846 98	0 7 9 18 0 14 	0 151 123 121 53 207 1095	3.72 1.25 0.00 0.00 1.87 2.09	0.24 0.60 0.12 0.12 0.93 0.78 5.40 4.50 120%	9.66 286.75 300.12 296.70 5.48 29.74 	6 147 144 139 42 75	7.86 2.32 2.36 2.31 2.92 0.06 	0.26 8.10 8.03 8.13 1.61 2.81 	21.04 26.10 11.66 11.71 37.48 28.22	0.50 2.50 2.59 4.68 5.82 6.18 	0.0 1.5 1.6 2.9 1.6 1.0 9.7 10.5
ILK,1% Chocolate HALF I ILK,1% Lowfat HALF I ILK,2% Lowfat HALF I ILK,1% Chocolate HALF I ILK,1% Lowfat HALF I ILK,1% Lowfat HALF I ILK,2% Lowfat HALF I ILK,2% Lowfat HALF ILK,2% Lowfat I PIE	PINT PINT PINT NGS KIE	150 30 10 75 75 200	157 102 121 200 173 827 846 98	7 9 18 0 14 60	151 123 121 53 207 1095	1.25 0.00 0.00 1.87 2.09	0.60 0.12 0.12 0.93 0.78 5.40 4.50 120%	286.75 300.12 296.70 5.48 29.74 	147 144 139 42 75 436	2.32 2.36 2.31 2.92 0.06 	8.10 8.03 8.13 1.61 2.81 	26.10 11.66 11.71 37.48 28.22	2.50 2.59 4.68 5.82 6.18 	1.5 1.6 2.9 1.6 1.0 9.7 10.5
ILK, 1% Lowfat HALF ILK, 2% Lowfat ILLK, 2% Lowfat	PINT PINT NGS KIE	30 10 175 75 75 200	102 121 200 173 827 846 98	9 18 0 14 60	123 121 53 207 1095	0.00 0.00 1.87 2.09 14.18	0.12 0.12 0.93 0.78 5.40 4.50 120%	300.12 296.70 5.48 29.74 536.74 400.00 134%	144 139 42 75 436	2.36 2.31 2.92 0.06 	8.03 8.13 1.61 2.81 	11.66 11.71 37.48 28.22 125.19	2.59 4.68 5.82 6.18 	1.6 2.9 1.6 1.0 9.7 10.5
ILK,2% Lowfat HALF I EACH COBBLER SERVIN HOLE WHEAT SUGAR COOKIES 1 COOK AILY AVERAGE OF CALORIES DA's Of RDA Satisfied Shortfall from RDA's SATISTICAL SERVIN SATISTICAL S	PINT NGS KIE	10 1 75 1 75 200	121 200 173 827 846 98	18 0 14 60	121 53 207 1095	0.00 1.87 2.09 14.18	0.12 0.93 0.78 5.40 4.50 120%	296.70 5.48 29.74 536.74 400.00 134*	139 42 75 	2.31 2.92 0.06 	8.13 1.61 2.81 29.07 14.04%	11.71 37.48 28.22 125.19	4.68 5.82 6.18 25.69 27.90%	2.9 1.6 1.0 9.7 10.5
EACH COBBLER SERVING HOLE WHEAT SUGAR COOKIES 1 COOKIES	NGS KIE 	75 75 200	200 173 827 827 846 98 - 19	60	53 207 1095	1.87 2.09 14.18	0.93 0.78 5.40 4.50 120%	5.48 29.74 536.74 400.00 134*	42 75 436 300	2.92 0.06 23.58 19.18	1.61 2.81 29.07 14.04% 16.70	37.48 28.22 125.19	5.82 6.18 25.69 27.90%	1.6 1.0 9.7 10.5 -
HOLE WHEAT SUGAR COOKIES 1 C	KIE 	200	173 827 826 98 	14 60 	207 1095 	2.09 14.18	0.78 5.40 4.50 120%	29.74 	75 436 300	0.06 23.58 19.18	2.81 29.07 14.04% 16.70	28.22	6.18 25.69 27.90%	1.0 9.7 10.5 - 10.0
AILY AVERAGE OF CALORIES DA's Of RDA Satisfied Chortfall from RDA's DAY - 09/12/97 Gandwich Bar Servi BURRITO, BEAN 1 EAC CORN: frozen, yellow .5 CU Lettuce & Tomato Svg APPLESAUCE, W/CINNAMON .5 CU PEARS, FRESH 1 EAC MILK, 1% Lowfat HALF MILK, 2% Lowfat HALF CHOCOLEANA CAKE 1 PIE		- **	' 846 98 	- ·	 		4.50 120%	 400.00 134% 	436 300	 19.18	14.04% 16.70		27.90%	10.5
OF CALORIES DA'S of RDA Satisfied hortfall from RDA'S LDAY - 09/12/97 Andwich Bar Servi BURRITO, BEAN 1 EAC SORN: frozen, yellow .5 CU BETHER SAUCH, WINDERSON 1 EAC LICENSE & Tomato SV9 LICENSE & TOMATO SV9 LICENSE & CONTROL SAUCH LICEN		- **	' 846 98 	- ·	 		4.50 120%	 400.00 134% 	300	 19.18	14.04% 16.70			- 10.0
DA's of RDA Satisfied hortfall from RDA's hortfall from RDA's DAY - 09/12/97 andwich Bar serviture a Serviture a Tomato svg PPLESAUCE, W/CINNAMON .5 CU PEARS, FRESH 1 EAC BILK, 1% Chocolate HALF BILK, 1% Lowfat HALF BILK, 2% Lowfat 1 PIE			98 19	¥ 			120% 	134%					30.00%	_
hortfall from RDA's AAY - 09/12/97 Sandwich Bar servit SURRITO, BEAN 1 EAC CORN: frozen, yellow .5 CU BEARS, FRESH 1 EAC MILK, 1% Chocolate HALF MILK, 1% Lowfat HALF MILK, 2% Lowfat HALF CHOCOLEANA CAKE 1 PIE			 19	-			-		 T494					-
hortfall from RDA's DAY - 09/12/97 Landwich Bar Servi LURRITO, BEAN 1 EAC LORN: frozen, yellow .5 CU Lettuce & Tomato Svy Lettuce & Tomato Svy LETTURE LORD 1 EAC LETTURE LORD 1 EAC LETTURE LORD 1 EAC LETTURE LORD 1 HALF LIK,1% Lowfat HALF LHOCOLEANA CAKE 1 PIE														*017
Sandwich Bar Servi SURRITO, BEAN 1 EAC CORN: frozen, yellow 55 CU JETTUCE & TOMATO 59V9 APPLESAUCE, W/CINNAMON 55 CU PEARS, FRESH 1 EAC MILK, 1% Chocolate HALF MILK, 1% Lowfat HALF MILK, 2% Lowfat HALF CHOCOLEANA CAKE 1 PIE											257755			= # = = =
BURRITO, BEAN 1 EAC CORN: frozen, yellow .5 CU Lettuce & Tomato svg APPLESAUCE, W/CINNAMON .5 CU PEARS, FRESH 1 EAC MILK, 1% Chocolate HALF MILK, 1% Lowfat HALF MILK, 2% Lowfat HALF CHOCOLEANA CAKE 1 PIE		75	460	64	1553	4 01	3.91	261.30	383	32.42	29.98	39.55	20.44	5.9
CORN: frozen, yellow .5 CU Lettuce & Tomato svg APPLESAUCE, W/CINNAMON .5 CU PEARS, FRESH 1 EAC MILK, 1% Chocolate HALF MILK, 1% Lowfat HALF MILK, 2% Lowfat HALF CHOCOLEANA CAKE 1 PIE	-	125	•				3.22	283.59	150	8.35	14.47	34.67	12.55	6.5
Jettuce & Tomato Svg APPLESAUCE, W/CINNAMON .5 CU PEARS, FRESH .1 EAC MILK, 1% Chocolate		1 125	:				0.28	3.28	18	2.54	2.26	16.04	0.36	0.0
APPLESAUCE, W/CINNAMON .5 CU PEARS, FRESH .1 EAC MILK, 1% Chocolate	P	50	1				0.26	4.86	31	8.95	0.51	2.33	0.18	0.0
PEARS, FRESH 1 EACH MILK, 1% Chocolate HALF MILK, 1% Lowfat HALF MILK, 2% Lowfat HALF CHOCOLEANA CAKE 1 PIE	ıD.	175	!				0.55	8.63	1	2.25	0.24	25.62	0.24	0.0
MILK,1% Chocolate HALF MILK,1% Lowfat HALF MILK,2% Lowfat HALF CHOCOLEANA CAKE 1 PIE		25	•				0.41	18.26	3	6.64	0.65	25.08	0.66	0.0
MILK,1% Lowfat HALF MILK,2% Lowfat HALF CHOCOLEANA CAKE 1 PIE		150					0.60	286.75	147	2.32	8.10	26.10	2.50	1.5
MILK,2% Lowfat HALF CHOCOLEANA CAKE 1 PIE		30	1				0.12	300.12	144	2.36	8.03	11.66	2.59	1.6
CHOCOLEANA CAKE 1 PIE		10			121	0.00	0.12	296.70	139	2.31	8.13	11.71	4.68	2.9
CHOCOLLIAM: Game		150	:		245	1.44	1.18	73.05	0	2.05	3.78	33.28	4.95	1.0
		50) i 177	35	369	0.56	1.16	87.08	51	0.77	5.18	36.43	1.15	0.3
DAILY AVERAGE FOR CALORIES		200	828	60	1320	10.64	5.91	639.81	411	27.95	16.40%	128.64	24.48%	9.
								400.00		19.18			30.00%	
RDA's % of RDA Satisfied				5 8 % 		_		400.00						
Shortfall from RDA's			18	1			- '							
Shortfall from KDA's								2. 库尼波里医和花里			eressee.			
COMPLETE MENU AVERAGE														

Salad/Theme

Bars

Mountain Plains Region December 1997

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SALAD/THEME BARS

Salad/theme bars are a reality in schools. There are many different types of food bars and the set-up depends on the school and its resources; however, no matter what the set-up or type of food bar, it is imperative that students and staff (particularly the cashier) know what the various options are for meal selection. Students and cashiers will need to know exactly what can be purchased for the unit price and what can be refused. In addition, students and cashiers will also need to know what items have been designated "entrees" under Nutrient Standard Menu Planning (NSMP) and the requirement that one entree must be selected in order for the meal to be reimbursable. And of course, students and cashiers will need to understand the Offer vs. Serve (OVS) concept under NSMP and either of the food-based menu planning options (Enhanced or Traditional).

Offer vs. Serve

This section is included to provide basic information on OVS before getting into more detail with food bars.

Offer vs. Serve is required for all high schools. It is optional for all other grades.

Nutrient Standard Menu Planning

- Three items at a minimum must be offered. The entree must always be selected.
 - 1. Entree
 - 2. Menu Item
 - 3. Milk
- When three items are offered, only one (menu item or milk) may be refused under OVS.
- When more than three items are offered, a maximum of two may be refused, excluding the entree since it must always be selected.

Food-Based Menu Planning (Enhanced or Traditional)

- Five items must be offered.
 - 1. Meat/Meat Alternate
 - 2. Fruit/Vegetable
 - 3. Fruit/Vegetable
 - 4. Breads/Grains (Enhanced) or Bread/Bread Alternate (Traditional)
 - 5. Milk
- A maximum of two items may be refused.

Food Bars as Recipes

Salad bars and theme bars are to be treated as recipes for purposes of nutrient analyses. The amount of each ingredient offered on the food bar is to be documented along with the number of servings selected from the food bar. The total number of servings would be the number of students expected to choose the salad bar for one or more of their lunch selections. Even though

actual serving sizes may vary due to the self-service nature of salad bars, the computer software will average the nutrients consumed by each student.

Recipes for food bars are completed in the same manner by schools using either NSMP or one of the food-based menu planning options. When preparing recipes for food bars, remember the following:

- The number of servings the recipe produces or yields should be representative of the total planned servings to be offered to customers for student meals, adult meals and a la carte sales.
- Determine the amount of each of the food ingredients for the recipe using the following steps.
 - 1. Identify the amount of each ingredient placed on the food bar on a typical school day (the amounts placed on the food bar at the beginning of the meal service plus any additions to the bar during the meal service).
 - 2. Determine the amount of each ingredient left over on the food bar at the end of the meal service.
 - 3. Subtract the amount left over from the amount placed on the food bar for each ingredient to determine the amount of each ingredient to enter for the recipe.

Once the recipe has been prepared and entered into the database, it can be used in analyzing a menu. The number of servings entered into the menu for nutrient analysis would be the estimated number of students and others who are expected to make selections from the food bar. Estimations are made based on history. Prior production records are utilized to determine the trends of student selections.

A separate recipe should be prepared for each variation of the food bar. For example, if you rotate two salad bars, one that features iceberg lettuce and another that features spinach, two separate recipes would need to be prepared. If other ingredients vary, each separate combination would need a separate recipe.

There may be more than one way to achieve an accurate analysis when analyzing salad/theme bars offered to students. The bottom line is that the nutrient analysis must be accurate. If the method used to analyze the menu yields an accurate analysis, it is acceptable.

NSMP and Food Bars

Food bars may be offered as an entree, other menu item, or the complete meal. If the food bar is offered as an entree to students, there is no hard and fast rule regarding what must be taken from the food bar in order for the meal to be reimbursable. It is up to the menu planner to determine what must be taken. However, state agencies or school food authorities may elect to further define these entree selections from food bars at their discretion.

Since food bars typically contain a variety of foods, students should be encouraged to take a variety of foods from the food bar. In addition, students should be encouraged to at least take the item featured on the food bar (i.e., baked potato, taco, sandwich, etc.). In cases where the food bar is offered as an entire meal, the cashier and students would need to know which items are entrees and the requirement that an entree must be taken. For example, the food bar could be set up as described below:

Entree (choose 1) -

Sandwich Bar

Chef Salad with Breadstick

Menú Item (choose up to 2) -

Fresh Apple Sliced Peaches Potato Salad

Menu Item (choose up to 1) -

Oatmeal Raisin Cookie

Brownie

Milk

Summary of Example: Since there are a total of 5 menu items offered, each student must select at least 3 items in order for the meal to be reimbursable. Each student must either take a sandwich or the chef's salad with breadstick. Each student would also select at least two other items — choosing from the other menu item selections and milk. There are a variety of ways this menu can be communicated to students. The important point is that students need to know and understand their choices.

If the food bar is offered as another menu item under NSMP, the same general principle would apply in that students should be encouraged to take a variety of items.

The number of menu items offered must be determined by the menu planner in order to determine the number of menu items that must be taken by a student for the meal to be reimbursable under OVS. For example, if a school offers the food bar as the entire meal, the question must be answered as to how many items are being offered to the student. In the example below, six items are offered to students. Each student must take an entree selection of either a Tossed Salad or Cottage Cheese or Yogurt. A total of four selections must be taken from the items offered. The example is by no means the way a food bar must be set up when it offers the entire meal. The menu planner determines the menu and choices. It is up to the reviewer to determine if reimbursable meals are offered and selected by students.

Example:

Salad Bar -

Entrees – (Choose 1)

Tossed Salad

Cottage Cheese Yogurt

Menu Items -

Potato Salad

(Choose up to 3)

Macaroni Salad

Three-Bean Salad

Pudding Sliced Peaches Fresh Apple Roll

Menu Item –

Cherry Cobbler

(Choose 1)

Chocolate Chip Cookie

Milk

If for example, the food bar is the only entree offered and includes milk and one other menu item, the number of items offered is three. Since the food bar is the only entree, it must be selected by each student, and only one item (milk or menu item) may be refused. If more than a total of three menu items are offered, the maximum number of items that may be declined by a student is two.

Food-Based Menu Planning and Food Bars

Recipes are critical for food bars in order for state agencies to conduct nutrient analysis. Under either of the food-based menu planning options (Enhanced or Traditional), the proper number of food items must be on each student's plate in order for the meal to be reimbursable.

Offer vs. Serve with the food-based menu planning options is the same as it has been handled in the past. See the OVS Guidance for more information.

Monitoring

The monitoring of food bars depends on which type of menu planning option has been chosen by the school. It will also depend on the meal that has been planned.

NSMP/Assisted NSMP:

A nutrient analysis must be conducted by the school/contractor if it is using NSMP/Assisted NSMP. The nutrient analysis should reflect as accurately as possible the food being planned for each type of food bar. It is up to the reviewer to determine if the school has accurately input information for the nutrient analysis. The reviewer must also determine if the nutrient analysis does in fact depict the actual meal. The reviewer will need to determine if the food bar is offered as an entree, other menu item, or the entire meal. If it is offered as an entire meal, then the entree must be identified as explained on the previous page since each child must select an entree.

Food-based menu planning options:

Under either of the food-based menu planning options, Enhanced or Traditional, the reviewer will need to conduct a nutrient analysis if the school does not have one already on USDA-approved software. The reviewer will need to collect information for the food bar recipe using the information on page 1.

The reviewer may need to work very closely with school personnel to obtain the information needed for the food bar. This is information that schools have not had to necessarily provide in the past and personnel may not understand its importance or purpose. For example, in the past, it may have been acceptable for food production records to only contain the minimum quantities of food served in order for meals to be reimbursable. With nutrient analysis, it becomes very important to know the exact quantities planned because that effects the calories, nutrients and other dietary components when the nutrient analysis is conducted.

Example Showing Nutrient Analysis of Food Bars

A set of menus over a 1-week period using the NSMP menu planning option has been used for this example. The menus below indicate how many food items are offered which is important when implementing OVS. Each menu contains five menu items of which two may be declined under NSMP when OVS is implemented. The attachments of the nutrient analysis are explained after the menus are outlined.

9/8/97

Choose One

Taco Bar

Hamburger on a Bun

Choose up to Two

French Fries Carrot Sticks

Lettuce & Tomato

Mixed Fruit

Choose up to One

Cherry Cobbler

Orange Rice Pudding

Choose up to One

1% Chocolate Milk

1% Lowfat Milk

2% Lowfat Milk

9/9/97

Choose One

Salad Bar

Chicken Stir Fry

Choose up to Two

Fried Rice

Mixed Vegetables

Peaches

Roll

Choose up to One

Royal Brownies

Oatmeal Raisin Cookies

Choose up to One

1% Chocolate Milk

1% Lowfat Milk

2% Lowfat Milk

9/10/97

Choose One

Baked Potato Bar Chicken Fajitas

Choose up to Two

Mexicali Corn Refried Beans Lettuce & Tomato Roll

Choose up to One
Apple Cobbler
Frozen Yogurt

Choose up to One

1% Chocolate Milk 1% Lowfat Milk 2% Lowfat Milk

9/12/97

Choose One

Sandwich Bar Bean Burrito

Choose up to Two

Corn
Lettuce & Tomato
Applesauce
Fresh Pear

Choose up to One

Chocoleana Cake Rice Pudding

Choose up to One

1% Chocolate Milk 1% Lowfat Milk 2% Lowfat Milk

9/11/97

Choose One

Pasta Bar Nachos

Choose up to Two

Rolls

Pinto Beans

Lettuce & Tomato

Fresh Apples

Choose up to One

Peach Cobbler

Whole Wheat Sugar Cookies

Choose up to One

1% Chocolate Milk

1% Lowfat Milk

2% Lowfat Milk

ATTACHMENTS

Attachment A is a copy of the standardized recipes for each food bar and the calories and nutrients associated with each recipe.

Attachment B shows each menu item offered each day with the calories and nutrients listed for each menu item. It also shows the planned number of servings of each item for a weighted nutrient analysis. The menu summary is the last page of Attachment B and shows the nutrient analysis figures.

Attachment C shows a school week's worth of menus under the NSMP menu planning option with a different food bar featured each day. The food bar is offered as one of two entrees each day. Other menu items are offered and may be chosen by students who choose either of the entrees.

Questions & Answers Food Bars

1. If a food bar is offered as an entree under NSMP, are there certain food items that must be taken?

The food bar as a whole is the entree. Students may make their selections freely. However, we suggest that students be encouraged to choose the featured item on the food bar on any particular day. For example, if a baked potato bar is featured, the student should at least take a baked potato; if a taco bar is featured, the student should at least take a taco; etc. The remaining selections should be left to each student's discretion. The food bar offers variety and enables students to make food choices. Good judgment should be exercised at the point of service to determine if at a minimum the featured entree has been selected.

2. How does one determine the entree when it is on a salad bar?

It is up to the menu planner to determine what is the entree. The menu planner decides if the food bar as a whole is the entree or if one item on the food bar is the entree. There may be more than one item on the food bar identified as an entree. However, it is imperative that both students and cashiers know which items are entrees and the requirement that an entree must be taken in order for the meal to be reimbursable.

3. Is it acceptable to offer the food bar as an other menu item under NSMP, rather than as the entree?

Yes. The menu planner makes the determination as to how food items are defined on the menu (i.e., entree or another menu item). It is permissible to offer the food bar as an other menu item or as an entree.

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10-08-1997
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)1005 - Baked Potato Bar
          NUMBER OF PORTIONS: 75
SIZE OF PORTIONS: 8e:
                                    serving
POTATO BAKED, FLESH & SKIN.
WEETPOTATOES, BAKED W/SKIN.
BOUR CREAM.
                                                                     60 ea. 2.33"x4.75"
                                                                     15 medium
                                                                 1 1/2 CUP
3/4 CUP
HIVES, FREEZE-DRIED.....
HIVES, FREEZE-DRIED

Phili
ETTUCE, ICEBERG, FRESH.
COMATOES, FRESH, RED RIPE

ALSA, COMMODITY
UTTER, W/SALT.
ROCCOLI, FRESH, RAW.
HEESE, CHEDDAR, AMERICAN
                                                                   3/4 gallons
1 LB +
                                                                                8 OZ
                                                                      1 LB
                                                                              +
                                                                                 8 OZ
                                                                      1 LB
                                                                                  8 OZ
                                                                    12 OZ
                                                                      3 LB
                                                                      2 LB
                                                                             + 4 OZ
+ 2 1/2 TSP
innamon/sugar...
UGAR, BROWN...
                                                                   1/2 CUP
                                                                   1/2 CUP, unpacked +
                                                                                                2 1/2 TSP, unpacked
NSTRUCTIONS:
```

TRIENTS: Per serv			6\ 47 -
Calories Cholesterol. Sodium Fiber Denotes Missing	262 Mg Vitamin A 5.86 G Vitamin C	3.43 Mg Protein 12.15 G -> Protein 13.39% -9.5 171 Mg Carbohydrate 52.60 G PERCENT OF -> Carbohydrates 57.93%> Carbohydrates 5	

```
06 - Pasta Bar
            NUMBER OF PORTIONS: 125
             SIZE OF PORTIONS:
                                          serving
SPAGHETTI, ENRICHED, COOKED, WO/SALT.
NOODLES, EGG, SPINACH, COOKED, ENRICHED
NOODLES, EGG, COOKED, ENRICHED
MACARONI, COOKED, ENRICHED
SPAGHETTI SAUCE, CANNED.
                                                                          4 LB,dry wgt + 6 OZ,dry wgt
2 LB,dry wgt + 8 OZ,dry wgt
2 LB,raw wgt + 8 OZ,raw wgt
1 LB,dry wgt + 4 OZ,dry wgt
3 3/4 #10 CAN
BUTTER, W/SALT.....CHEESE, MOZZARELLA, PART SKIM....
                                                                                 1 LB + 4 OZ
                                                                                 2 LB
                                                                                              8 OZ
CHEESE, PARMESAN, GRATED....
BROCCOLI, FRZ, CHOPPED, BOILED, DRAINED, W/SALT...
                                                                                 1 LB
                                                                                              4 OZ
                                                                                 5 LB
3 3/4 CUP, grated
                                                                                         + 8 OZ
+ 4 OZ
                                                                                 2 LB
                                                                                 1 LB
INSTRUCTIONS:
```

ENTS: Per serv	ing										
Calories	351		Iron	2.65	Mg	Protein	12.40	G		-> Protein	14.11%
Cholesterol.	40	Mg	Calcium	175	Mg !	Carbohydrate	48.36	G	PERCENT OF	-> Carbohydrates	55.06%
Sodium	731	Mg	Vitamin A	299	RE	Total Fat	12.57	G	CALORIES FROM	-> Total Fat	32.19%
Fiber	5.99	G	Vitamin C	17.4	Mg	Saturated Fat	5.01	G		-> Saturated Fat	12.84%

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01007 - Sandwich Bar
         NUMBER OF PORTIONS: 75
         SIZE OF PORTIONS: serving
TURKEY ROAST, FROZEN, LT&DK MEAT, ROASTED.....BEEF, CURED, PASTRAMI....
                                                            9 LB
                                                           12 OZ
HAM, DELI, 95% FAT-FREE.....
                                                            4 LB
                                                                  + 8 OZ
CHEESE, CHEDDAR, RED FAT-COMMOD....
CHESE, SWISS...

CHESE, SWISS...

LETTUCE, ICEBERG, FRESH.

TOMATOES, FRESH, RED RIPE.

ONIONS, RED, RAW.

DEDDERG COME CREEN DAW
                                                            1 LB
                                                                     8 OZ
                                                           1 LB
                                                                     8, OZ
                                                           3 LB
                                                           3 LB
                                                                     12 OZ
                                                           1 LB
PEPPERS, SWT, GREEN, RAW.
PEPPERS, SWT, RED, RAW.
CUCUMBER, NOT PARED, RAW.
                                                                     8 OZ
                                                           1 LB
                                                                     8 OZ
                                                           1 LB
                                                                     8 OZ
                                                           1 LB
                                                                     8 OZ
CARROTS, FRESH, RAW.....
                                                           1
                                                             LB
                                                                     8 OZ
MAYONNAISE...
MUSTARD YELLOW PREPARED...
                                                           3 CUP
BREAD WHOLE-WHEAT
BREAD WHITE
BREAD, CRACKED-WHEAT
                                                             CUP
                                                             LB
                                                                     4 OZ
                                                           5 LB
                                                                     4 OZ
                                                          12 OZ
ROLLS, FRENCH.
BREAD, RYE.
                                                           1 LB
                                                                     8 07
                                                          12 OZ
```

INSTRUCTIONS:

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NUTRIENTS: Per serving

Calories... 460 | Iron... 3.91 Mg | Protein... 29.98 G | -> Protein... 26.03*

Cholesterol. 64 Mg | Calcium... 261 Mg | Carbohydrate 39.55 G | PERCENT OF -> Carbohydrates 34.35*

Sodium... 1553 Mg | Vitamin A.. 383 RE | Total Fat... 20.44 G | CALORIES FROM -> Total Fat... 39.94*

† - Denotes Missing Nutrient Values.
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USDA/FCS/MPRO

PAGE # 1

/97 thru 09/12/97

Back to School - grades 9-12

10-08-1997

Ti a Nama	Portion Size	Plan	 Cals	Mg	Mg Sodm	G Fiber	Mg : Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G	G	G
Ree Name									····	****		Carb	T-Fat	S-Fat
MONDAY - 09/08/97														
Taco Bar	serving	100	401	58	422	6.61	3.87	217.18	184	12.33	19.10	29.77	23.83	8.90
HAMBURGER ON A BUN	SERVING	100	288	55	285	1.16	2.59	66.22	0	0.00	18.04	21.63	13.72	5.04
French Fries, oven heat, cups	.5 CUP	100	134	. 0	178	2.14	0.83	5.36	0	6.76	2.12	20.90	5.06	0.84
CARROT STICKS	.5 CUP	50		0	30	2.63	0.44	23.72	2472	8.17	0.90	8.91	0.16 ·	0.02
LETTUCE &TOMATO:1 leaf,2 slice		: :	7	0	4	0.55	0.21	5.03	21	5.47	0.41	1.56	0.12	0.01
MIXED FRUIT: frozen, sweetened	: -	100		0	3	2.37	0.35	8.75	40	93.75	1.78	30.29	0.22	0.03
MILK-11 Chocolate	HALF PINT	150	:	7 9	151 123	1.25	0.60	286.75 300.12	147	2.32	8.10	26.10	2.50	1.54
MILK, 1% Lowfat	HALF PINT	30 10		18	121	0.00	0.12 0.12	296.70	144 139	2.36 2.31	8.03 8.13	11.66	2.59	1.61
MILK, 2% Lowfat CHERRY COBBLER	SERVINGS	150		0	51	2.08	1.19	18.41	15	3.22	2.14	11.71 48.43	4.68 5.80	2.91
MAYONNAISE	svg	25		2	26	0.00	0.02	0.82	3	0.00	0.05	0.12	3.65	1.65 0.39
MUSTARD YELLOW PREPARED	svg	50		0	62	0.05	0.10	4.20	ō	0.00	0.24	0.32	0.22	0.39
CATSUP	2 tbsp	75	31	0	355	0.39	0.20	5.70	30	4.52	0.44	8.20	0.12	0.01
ORANGE RICE PUDDING	.5 CUP	50	199	4	33	0.68	1.34	84.95	33	2.19	4.07	42.42	1.34	0.75
DAILY AVERAGE % OF CALORIES		200	875	65	791	9.77	5.79	469.20	906	66.72	31.39 14.32%	125.93 57.52%	29.23 30.06%	10.45 10.75%
													<u>-</u>	
RDA's			846 1041				129%	400.00 117%	300 302%	19.18 348%	16.70		30.00₺	10.00%
* of RDA Satisfied			1041	· 			1294	11/4	3021	3401	188%			
Shortfall from RDA's													*OVER*	*OVER*
						****					******	******		
TUESDAY - 09/09/97														
Salad Bar	serving	110	282	39	525	5.14	2.09	294.93	1148	53.92	16.68	22.22	15.30	7.65
C IN STIR FRY	7 OUNCES	90	230	55	463	3.36	1.62	52.92	1517	53.21	23.25	13.19	9.57	1.91
F: Rice/lower sodium	.5 CUP	90	229	159	734	1.86	2.44	54.92	84	3.33	9.03	34.50	5.75	1.55
<pre>VEGETABLES:frozen,boiled</pre>	2	125	53	0	31	4.00	0.74	22.75	389	2.91	2.60	11.91	0.14	0.02
PL _AES, CANNED, HEAVY SYRUP	.5 CUP	75	48	0	3	0.85	0.17	1.96	21	1.83	0.30	13.06	0.06	0.00
ROLLS, WHEAT: scratch (Yeast)	EACH 2 oz.	110		0	291	2.64	1.56	32.39	0	0.12	4.97	29.05	4.33	0.64
MILK,1% Chocolate	HALF PINT HALF PINT	150	157 102	7 9	151 123	1.25 0.00	0.60 0.12	286.75 300.12	147 144	2.32	8.10 8.03	26.10 11.66	2.50	1.54
MILK,1% Lowfat MILK,2% Lowfat	HALF PINT	10	121	18	121	0.00	0.12	296.70	139	2.36 2.31	8.13	11.71	2.59 4.68	1.61 2.91
ROYAL BROWNIES	1 PIECE	25	137	0	111	1.49	0.94	22.91	0	0.19	2.28	25.48	3.84	0.84
OATMEAL RAISIN COOKIES (NEW)	1 COOKIE	175		19			1.13	18.85	55	0.37	3.56	33.35	5.06	0.93
	· 													
DAILY AVERAGE % OF CALORIES		200	829	143	1269	12.14	5.96	537.79	1791	60.25	39.25 18.92%	116.29 56.08%	25.21 27.36%	8.61 9.34*
RDA's			846				4.50	400.00	300	19.18	16,70		30.00%	10.00%
t of RDA Satisfied			981	í			1321	134%	597 %	314*	235%		50.000	
Shortfall from RDA's			17											

WEDNESDAY - 09/10/97														
	serving	751	363	38	262	5.86	3.43	171.56	655	49.88	12.15	52.60	12.42	7.23
ROLLS, WHEAT: scratch (Yeast)	EACH 1 oz.	•	85	0		1.32		16.19	0.55	0.06	2.49	14.52	2.17	0.32
	1 FAJITA		357	54		2.33		64.44	40	8.13	23.89	34.58	13.79	2.55
	.5 CUP	150		2		2.12		6,13	36	12.76	2.48	16.88	1.57	0.67
REFRIED BEANS: canned	i.s com	125	118	10	377	6.69	2.09	44.24	0	7.58	6.94	19.63	1.60	0.59
Lettuce & Tomato	gvg		11	0	5	0.68		4.86	31	8.95	0.51	2.33	0.18	0.02
MILK,1% Chocolate	HALF PINT	150		7		1.25		286.75	147	2.32	8.10	26.10	2.50	1.54
MILK,1% Lowfat	HALF PINT		102	9	123	0.00		300.12	144	2.36	8.03	11.66	2.59	1.61
MILK, 2% Lowfat	HALF PINT		121	18	121			296.70	139	2.31	8.13	11.71	4.68	2.91
APPLE COBBLER	SERVINGS	•	216	0	50			7.65	5	0.44	1.25	40.45	6.29	1.75
FROZEN YOGURT, VANILLA, SOFT	.scop	150	57	0	31	0.00	U.10	51.48	20	0.28	1.44	8.71	2.02	1.23

10-08-199

09/08/97 thru 09/12/97

Back to School - grades 9-12

| Portion | Plan | Mg Mg G Mg Mg RE Mg G G Recipe Name | Size | Oty | Cals Chol Sodm Fiber Iron Calc Vit-A Vit-C Prot Carb T-Fat S.at WEDNESDAY - 09/10/97 (continued) 200 873 64 773 12.61 5.93 463.42 464 43.12 36.46 131.07 25.04 9.09 DAILY AVERAGE * OF CALORIES 16.68% 60.00% 25.83% 16.68% 60.00% 25.83% 9.36% RDA's 4.50 400.00 300 19.18 16.70 846 · · 30.00% 10.00% * of RDA Satisfied 132% 116% 155% 225% 218% 103% THURSDAY - 09/11/97 -----Pasta Bar | serving | 125 | 351 | 40 | 731 | 5.99 | 2.65 | 175.75 | 299 | 17.43 | 12.40 | 48.36 | 12.57 | ROLLS, WHEAT: scratch (Yeast) | EACH 2 oz. | 125 | 171 | 0 | 291 | 2.64 | 1.56 | 32.39 | 0 | 0.12 | 4.97 | 29.05 | 4.33 | Nachos with Ground Beef/Lean | SERVINGS | 75 | 303 | 57 | 581 | 1.77 | 1.51 | 252.81 | 141 | 1.23 | 15.82 | 15.28 | 20.12 5.01 0.64 20.12 PINTO BEANS: cooked 9.39 0 1.78 1.5 CUP 75 116 0 1 7.29 2.21 40.70 6.96 21.75 0.44 0.09 1 EACH Lettuce & Tomato 0.18 0.02 APPLES, Fresh | 1 EACH | 150 | 81 0 0 3.72 0.24 9.66 6 7.86 0.26 21.04 | HALF PINT | 150 | 157 7 151 1.25 0.60 286.75 147 2.32 8.10 26.10 | HALF PINT | 30 | 102 9 123 0.00 0.12 300.12 144 2.36 8.03 11.66 | HALF PINT | 10 | 121 18 121 0.00 0.12 296.70 139 2.31 8.13 11.71 | SERVINGS | 75 | 200 0 53 1.87 0.93 5.48 42 2.92 1.61 37.48 0.08 MILK,1% Chocolate MILK, 1% Lowfat 2.50 1.54 2.59 1.61 MILK,2% Lowfat 4.68 2.91 PEACH COBBLER PEACH COBBLER | SERVINGS | 75 | 200 0 53 1.87 0.93 5.48 42 2.92 1.61 37.48 WHOLE WHEAT SUGAR COOKIES | 1 COOKIE | 75 | 173 14 207 2.09 0.78 29.74 75 0.06 2.81 28.22 5.82 1.66 6.18 -----1.08 DATLY AVERAGE 200| 827 60 1095 14.18 5.40 536.74 436 23.58 29.07 125.19 25.69 * OF CALORIES 14.04% 60.52% 27.90% 10.58% 846 4.50 400.00 300 19.18 16.70 98% 120% 134% 146% 123% 174% 30.00% 10.00% * of RDA Satisfied - - - - - - - - - - - - **-**Shortfall from RDA's 19 FRIDAY - 09/12/97 -----Sandwich Bar serving | |1 EACH |
 75
 460
 64
 1553
 4.01
 3.91
 261.30
 383
 32.42
 29.98
 39.55
 20.44

 125
 305
 30
 461
 5.75
 3.22
 283.59
 150
 8.35
 14.47
 34.67
 12.55
 5.97 BURRITO, BEAN 150 8.35 14.47 34.67 12.55 6.55 CORN: frozen, yellow .5 CUP 125 65 0 4 1.96 0.28 3.28 18 2.54 31 8.95 2.26 16.04 0.51 2.33 0.36 0.05 50 11 0 175 97 0 25 97 0 Lettuce & Tomato Isva 5 0.68 0.26 4.86 0.18 1.5 CUP 0.02 APPLESAUCE, W/CINNAMON 35 1.68 0.55 8.63 0 3.98 0.41 18.26 1 2.25 0.24 25.62 0.24 0.04 PEARS, FRESH 1 EACH 0.66 0.03 MILK,1% Chocolate 2.50 1.54 MILK,1% Lowfat 2.59 1.61 MILK, 2% Lowfat HALF PINT 4.68 2.91 1 PIECE | 150 185 0 CHOCOLEANA CAKE 4.95 1.02 RICE PUDDING #12 SCOOP | 50 | 177 1.15 0.38 -----. DAILY AVERAGE 200 828 60 1320 10.64 5.91 639.81 411 27.95 33.94 128.64 22.55 8.82 * OF CALORIES 16.40% 62.12% 24.48% 9.58% RDA's 846 4.50 400.00 300 19.18 16.70 4.50 400.00 300 19.18 16.70 30.00% 10.00% 132% 160% 137% 146% 203% * of RDA Satisfied 98% - - - - - - - -- - -Shortfall from RDA's 18 COMPLETE MENU AVERAGE 847 78 1050 11.87 5.80 529.39 802 44.32 34.02 125.42 25.54 9.34 16.08% 59.24% 27.18% 9.93% * OF CALORIES

MENU SUMMARY - 09/08/97 thru 09/12/97

Nutrient		Menu Average	Target	% of Target	Missing Data	Shortfall (if any)	Error Messages (if any)
Calories		847	846	100%	[
Cholesterol	(Mg)	. 78	İ		İ	i '	•
Sodium	(Mg)	1050			Ì	İ .	
Fiber	(G)	11.87			1	j :	
Iron	(Mg)	5.80	4.50	129%	i	[
Calcium	(Mg)	529.39	400.00	132%	1	1	
Vitamin A	(RE)	802	300	267%	1	İ	
Vitamin C	(Mg)	44.32	19.18	231%	1	1	
Protein	(G)	34.02	16.70	204%		1 . [

		Menu	* of		Missing		
Nutrient	ļ	Average	Calories	Target	Data	Error Messages (if any)
	1						
Protein	(G)	34.02	16.08%		1		
Carbohydrate	(G)	125.42	59.24%		ĺ		
Total Fat	(G)	25.54	27.18%	30% or less	ĺ		•
Saturated Fat	(G)	9.34	9.93%	10% or less	į		•

USDA/FCS/MPRO

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10-08-199

MONDAY - 09/08/97	TUESDAY - 09/09/97	WEDNESDAY - 09/10/97	THURSDAY - 09/11/97	FRIDAY - 09/12/97
Taco Bar HAMBURGER ON A BUN French Fries, oven heat, CARROT STICKS LETTUCE & TOMATO MIXED FRUIT: frozen,swee MILK,1% Chocolate MILK,1% Lowfat MILK,2% Lowfat CHERRY COBBLER MAYONNAISE MUSTARD YELLOW PREPARED CATSUP DRANGE RICE PUDDING	MIXED VEGETABLES: frozen, PEACHES, CANNED, HEAVY SYR	REFRIED BEANS: canned	Nachos with Ground Beef/ PINTO BEANS: cooked Lettuce & Tomato APPLES,Fresh MILK,1% Chocolate MILK,1% Lowfat MILK,2% Lowfat PEACH COBBLER	
Target	Target	Target	 Target	Target

t of
Average Target tTarget Average Calories Target